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Let the hunt for volunteers begin

Organizers say they're looking for those proud to show off city



Kieltyka Metro Winnipeg

Matt

The race is on to recruit an army of volunteers for next year's Canada Summer Games in Winnipeg.

Organizers officially launched their volunteer registration process on Tuesday, and have set a target of 6,000 volunteers for the 50th anniversary of Canada's largest multisport event for young athletes.

Volunteer positions run the gamut of tasks, from transportation, food services and security to hosting, festival management and being involved in the opening, closing and medal ceremonies at the Games.

People can even enroll in the Games' mascot program.

Daniel Lussier, chair of the Games' volunteer engagement committee, said 120 people had already applied for positions within five hours of registration opening Tuesday mor-

There is lots to be done. What we're really looking for are people who are friendly, courteous and willing to celebrate youth sport and community," Lussier told Metro. "We want people who are proud of Winnipeg to greet 4,000 young athletes and the 20,000 people who will be visiting Manitoba and Winnipeg."

Lussier said organizers will do their best to make sure people's skill sets and interest line up as close as possible to volunteer positions during the event, which could prove invaluable experience on a resume.

The registration process, available through the event's website, asks people whether they have specific medical and computer skills and certifications, whether they have access to a vehicle, if they have experience leading a team and how many shifts they'd be willing to work per day.

They can also select the specific volunteer positions they'd be willing to do during the Games.

Lussier hopes the event will be able to reach its target of 6,000 volunteers by January.

Winnipeg will host the 2017 Canada Summer Games from July 28 to Aug. 13, 2017.



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Your essential daily news

Stanford rapist Brock Turner registers as a sex offender. World

Youth know what they need

COMMUNITY PROGRAMMING

Agencies trust clients with guiding their own support



Matt Kieltyka Metro | Winnipeg

Wisdom isn't just for elders anymore.

A collection of Winnipeg community organizations are increasingly turning toward the very people they serve — youth to find out what programming their communities need most.

The Youth Agencies Alliance (YAA), an umbrella organization representing 18 groups throughout the city, held its second aunual fundraiser at Shaw Park on Tuesday to serve 140 supporters lunch and showcase the talent of young people who have come through various programs.

The event also marked a year since YAA started taking direction from its clients in the form of youth councils.

The alliance's executive director, Karen Ferris, said two youth from each organization have been meeting regularly over the past 12 months to tell service providers about the challenges facing their communities and what can be done to address them.

That's led to providers retooling programs and focusing on four critical areas identified by the council: education, public safety, mental illness and discrimination.

"More than ever, people are willing to talk about the real



Youth Agencies Alliance executive director Karen Ferris oversees the umbrella organization's second annual fundraiser at Shaw Park in Winnipeg on Tuesday. MATT KIELTYKA/METRO

issues in a real way and not sugarcoat things. That's something we've found very valuable, to hear straight from the youth instead of filtering it through the agencies," said Ferris. "We've shifted our way of thinking and operating and we're open to taking leadership from them. It's something the YAA has never had in the past."

Together, the 18 member agencies of the YAA serve thousands of youth each year.

One of the young women to find her voice thanks to its

3

People are willing to talk about the real issues in a real way and not sugarcoat things. Karen Ferris

programs is 17-year-old singer, dancer and artist Anna Middleton, who performed at Tuesday's fundraiser.

Bullied at school and short of confidence, Middleton joined Graffiti Art Programming three

Now she performs publicly and landed a summer job mentoring newcomers to the program

"I'm able to be a leader and mentor for these little kids," said Middleton. "I was able to help them from a different point of view, because I saw how hard it was when you go there and are a kid just trying to express yourself. It's cool that it's not just my safe place, but their safe place as well."

DOING THE GOOD WORK



Anna Middleton, 17, said the programs have helped her become a mentor to other inner-city kids.

Graffiti Art Programming, North End

GAP offers free arts classes and programming for youth living in the north end.

Executive director Stephen Wilson said the organization was founded in 1998 on the premise that school-aged children who are involved in a form of dance, film, music or visual art do better in school.

That's vital in a community where just 50 per cent of youth graduate high school, compared to 89 per cent in the rest of the city.

"And then we wonder, 'What's the problem? What's going on?' Well, here is the problem: education," said Wilson. "We feel that we're playing our little bit to help a young person get through school."

GAP provides afterschool classes to 4,000 youth each year and also supports public performances and art projects for its students.



Patrick LeBlanc says organizations like his are integral to giving people a sense of belonging.

Teen Stop Jeunesse, Southdale

While in a more suburban part of the city, Teen Stop had 12,000 visits to its youth centre last year for various life skills, art, computer lab and recreational programs.

"The kids are coming from some pretty difficult situations, whether it be single-parent families or foster homes. Situations where they need something just a little bit more than they're getting at home," explained executive director Patrick LeBlanc. "The primary goal is for kids to feel like they're welcomed and feel like they belong."

LeBlanc said he's recently re-connected with a single mother of six whose children attended the centre 10 years ago. She thanked him for supporting her family when parts of society had written them off. The family has since climbed out of poverty.

"That's how important an organization like ours is to any community," he said.

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A sober message on sex assault

CAMPUSLIFE

Campaign focuses on consent and drinking



Stephanie Taylor Metro Winnipeg

The University of Winnipeg's campus walls are once again decorated with flashy posters about sexual consent. But this year, the messages convey a different tone.

As part of the school's overall sexual misconduct awareness campaign, which launched in March 2015, program administrators have honed in on what one co-ordinator says is a big question facing many students: Can someone who is drunk consent to sex?

"We make a lot of assumptions about victims of sexual assault," Jan Byrd, the university's executive director of wellness and student life, said Tuesday.

"One of the first things people think about, whether they want to or not was, 'Well, was the victim drinking?"

To prevent that victimblaming, she said 150 posters have been pinned up around the school with the taglines, "Drinking isn't a crime, sexual assault is," and "Alcohol causes hangovers, not sexual assault."

"Posters don't change behaviour," added Byrd.

"It's meant to start a conversation."

So far, she said 2,000 students enrolled in the 2016-17 school year have participated in mandatory sessions where sexual assault prevention, consent and drinking or drug use, were discussed.

These are first-year students, athletes and those living on campus, she said, adding that

Jan Byrd, the university's executive director of wellness and student life, believes the school also needs a standalone sexual assault policy to communicate the gravity of the issue to students, faculty and the community. Right: One hundred and fifty of these posters have been placed around the University of Winnipeg campus. LYLE STAFFORD/FOR METRO

some 2,500 students underwent sex," she said. similar sessions last year.

Nadia La Rosa, a special projects co-ordinator with Klinic Community Health Centre's sexual assault crisis program, believes navigating the boundaries of consent and alcohol consumption is complicated, but the Criminal Code of Canada is clear.

"You have to be able to give consent, which means you have to be awake, conscious and sober enough to make that clear decision," she explained Tuesday."A person who's intoxicated cannot agree to have

La Rosa said more than half of the reported sexual violence experienced by young people involved alcohol.

"Either from the person that was victimized, or the person who was attacking the other person."

That isn't to say drinking alcohol leads to sexual violence, she said, but acknowledges there is a murky relationship between the two.

Laura Garinger, vice-president of student affairs' with the University of Winnipeg Student Association —which assisted the

school develop the campaign said many young people are confused about what consent means when alcohol is a factor. Speaking from personal ex-

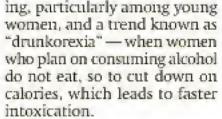
perience," said Garinger. "I probably wouldn't have

been able to tell you when I was 18 ... how people perceive consent when they're drunk."

Byrd said further work stills needs to be done on raising awareness about sexual assault and drinking.

For example, she said organizers will be focusing future efforts on what has been noted as an increase in binge drinkSEXUAL ASSAULT IS

A spokesperson from the University of Manitoba said a new standalone sexual assault policy took effect Sept. 1, and there is information across campus that focuses on sexual violence. and booze.



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Owners shift away from dry dog food

ANIMALS

Fido lovers are ditching kibble for organic, raw options

It seems like kismet that one of the inspirations behind Planet Pup, a Winnipeg dog bakery, was a pooch named Biscuit.

Deb Kurdydyk, who runs the business from her kitchen, said the idea came to her after she started cooking hot organic meals for her Shepherd-Rottweiler mix and wondered, why not start baking cookies and cakes too?

"When I started doing it. people thought I was crazy," laughed the 50-year-old. "I had to explain to people that this was a thing. People do bake and cook for their dogs."

Planet Pup specializes in boneshaped dog biscuits and birthday cakes. The treats, which are sold online and at some select local retailers, come in a variety of flavours including Wild Pacific salmon and smoked gouda, and elk, apple and blue cheese.

The niche business and others like it are hoping to corner a market that may be poised to grow.

According to market researcher Euromonitor, pet owners in Canada are still opting for prepared food due to convenience, but a rising number are turning to organic and raw pet food.

"Consistent and pervasive consumer focus on natural or organic ingredients in dog food is a natural outcome and extension from a general trend in health and wellness in Canadian society as a whole and that has helped shape the growing humanization trend in pet food," said the report, titled "Dog Food in Canada."

Karen Schiavone has been selling raw dog food at Barkside Bistro in Toronto's east end for three years after her two dogs died on the same night, both from cancer.

"I realized it was probably the food," said Schiavone. "Even if it didn't cause them to be sick, it likely contributed to it."

Barkside sells a variety of bones and meats, including beef, duck, elk, buffalo and kangaroo. She said the difference between buying raw dog food versus going to a butcher is being able to portion out the right amounts of bone, meat and organs.

The idea behind feeding dogs raw meat is that nutritional value is better retained.

Meghan Elenbaas, president of Lucky Dog Cuisine Canada, said people want to know exactly goes into their dog's food.

"We were brought up to believe that this is dog food," she said. "It's like if you ate Cheerios for the rest of your life. It's not necessarily bad, but you won't do well if that's the best food you ever ate." THE CANADIAN PRESS



I'm just a dog lover and a foodie and it just seemed like a perfect marriage.

Deb Kurdydyk



Karen Schiavone runs Barkside Bistro, which specializes in raw dog food. The niche business and others like it are hoping to corner a market that may be poised to grow in the near future. CHRIS YOUNG/THE CANADIAN PRESS

Budget set to go over by \$6.5M



Stephanie Taylor Metro Winnipeg

A new financial update has the Winnipeg Police Service confronted with the prospect of going \$6.5 million over budget by the end of 2016.

The report is to be tabled during Friday's meeting of the city's police board.

It outlines several reasons for the projected deficit, including an unexpected \$3.7 million the city must pay into police pensions, which was the result of an actuarial review.

A 7.1 per cent salary increase under the collective agreement at the beginning of the year, and a continued drop in revenue from photo radar tickets, are also listed as factors.

Coun. Scott Gillingham, who chairs the police board, calls the \$6.5 million deficit a "signifi-

cant gap."
This fall, the current collective agreement expires, and it will be the City of Winnipeg that sits down at the bargaining table.



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Canada not perfect on rights: PM

Trudeau raises concerns with China's elites

When Justin Trudeau raised concerns directly with China's political elite about their human-rights record, he says he acknowledged Canada isn't perfect.

The prime minister shared more details Tuesday about his high-level talks last week with Beijing, sessions that included face time with President Xi Jinping and Premier Li Keqiang.

Trudeau told a business luncheon in Hong Kong that he brought up his concerns in those meetings, ranging from consular cases, rule of law, govemance and corruption.

"(l) talked about the challenges, but also talked about the fact that Canada is not immune to criticisms on human rights, either," he said during an onstage interview hosted by the

Canadian Chamber of Commerce in Hong Kong.

of countries have is, 'Well, you

came on the last day of his eighttrip that also included stops in Beijiing, Shanghai and Hangzhou for the Group of 20 leaders' summit.

His primary goal of the visit

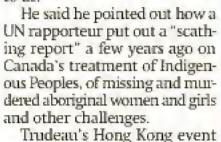


Change rules, cities ask federal government

the federal government to change the way it decides how much money cities should get for transit

"The perspective that a lot

know, foreign countries or foreign observers shouldn't be criticizing what are internal matters



day official visit to China, a

was to strengthen commercial ties with the Chinese regime. He repeated his argument Tuesday that Ottawa's connection to China was "hot and cold" when the Conservatives were in power. THE CANADIAN PRESS

ing them. She keeps more than a dozen pet grasshoppers in a dinosaur bucket and Mason jar at home. Last year, her favourite bugs were snails, and the year before that she was fascinated with worms and ants.

Seven-year-old Sophia Spencer

loves bugs so much she had her

hair cut short so it wouldn't get

in the way while she was catch-

After moving from Samia to Alexandria, Ont., and switching schools, her obsession with insects set her apart from the other kids and made her the butt of cruel jokes, according to her mom, Nicole.

The teasing started on the first day of school. Sophia was carrying a caterpillar around and talking to it, as she's prone to do, when a girl said: "You're weird. You shouldn't be playing with bugs."

The bullying only got worse, Nicole said. When Sophia brought another caterpillar to show-and-tell, a boy asked to see it after — then stomped on it.

"Nobody would go near her," her mom said.

She notified Sophia's teachers and still nothing changed, she said. The bullying had taken such a toll on her daughter's confidence that she wrote a heartfelt email to the Entomological ate about." Society of Canada. She asked the society to arrange a chat between Sophia and an insect specialist, to encourage her love of bugs.

"I want her to know from an expert that she is not weird or strange (what kids call her) for loving bugs and insects," Nicole

The email found its way to ackson Morgan, the society's social media volunteer and a PhD student in entomology at Guelph University.

"I was heartbroken," he recalled. "I don't like hearing about anybody being bullied, especially about something I'm so passion-

He posted the email to Twitter, where it grabbed the attention of entomologists internationally.

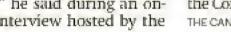
By Friday, more than a hundred people agreed to be her pen pal, said Morgan. The social media discussion took on a life of its own under the hashtag #BugsR4Girls as entomologists the world over posted words of encouragement and pictures of themselves with creepy crawlies.

"I was inspired by brilliant female entomologists & I hope that I can do the same for others," tweeted Ashleigh Whifflin at the National Museums of Scotland. TORSTAR NEWS SERVICE



Sophia Spencer poses for a photo with her grasshopper named Hoppers in Alexandria, Ont. Her mother tweeted about her daughter's love of bugs and the post went viral, torstar news service

Entomologists rally around bullied girl



Canadian municipalities want and water projects. The

changes outlined in June to the federal infrastructure minister would potentially give more money to smaller communities to help them build transit or improve septic systems. THE CANADIAN PRESS



A game of he said/she said Turner joins sex offender

U.S. ELECTION

Clinton, Trump: He's a national security danger; no, she is

Hillary Clinton accused Donald Trump of insulting America's veterans and pressing dangerous military plans around the globe on Tuesday, seeking to undercut his appeal to service families in Southern voting battlegrounds. Trump declared "our country is going to hell" because of policies she would make even worse.

Clinton, addressing supporters in Florida, warned that Trump would lead the nation back to war in the Middle East. And to military vets and their families, she pointed anew to his summertime dust-up with the Muslim parents of a slain American soldier.

"His whole campaign has been one long insult to all those who have worn the uniform," the Democratic nominee said at the University of South Florida in Tampa.





The two presidential candidates are sending conflicting messages to voters. THE ASSOCIATED PRESS

Republican Trump, trying to emphasize his military support, released a letter from 88 retired generals and admirals citing an urgent need for a "course correction" in America's national security policy.

It was aimed at rebutting

Clinton's arguments that she would be best positioned to lead the military and reassuring Republicans who have openly worried that his provocative statements might undermine U.S. alliances.

"We believe that such a

change can only be made by someone who has not been deeply involved with, and substantially responsible for, the hollowing out of our military and the burgeoning threats facing our country around the world," the military leaders

"For this reason, we support Donald Trump's candidacy to be our next commander in chief."

Clinton pushed back, saying Trump has lagged in securing key military supporters compared to past Republican nominees.

She pointed to her endorsements from retired Marine Gen. John Allen, who blasted Trump at the Democratic National Committee, and former CIA deputy director Mike Morell.

"They know they can count on me to be the kind of commander in chief who will protect our country and our troops, and they know they cannot count on Donald Trump," Clinton said en route to Florida. "They view him as a danger and a risk."

The conflicting messages came as the candidates prepared to appear at an MSNBC forum Wednesday night on national security. While they will appear separately and not be on stage at the same time, it could serve as a warm-up to their highly-anticipated first presidential debate on Sep. 26 in New York, THE ASSOCIATED PRESS.

registry

The former Stanford University swimmer whose sixmonth sentence for sexual-

ly assaulting an unconscious woman sparked a national outcry has registered as a sex offender in Ohio, where he's living Brock Turner



with his par- associated press

Brock Turner registered at the Greene County sheriff's office on Tuesday, four days after leaving a California jail after serving half his term. California jail inmates with good behaviour typically serve half their sentences.

Turner registered under his family's address in Sugarcreek Township, where about a dozen people had protested Friday as police watched.

The 21-year-old must register as a sex offender for life. He faces three years of supervised probation. THE ASSOCIATED PRESS

Hurricane Newton slams into Mexican resorts



People ride bikes during the passage of Hurricane Newton in Baja California Sur, Mexico. AFP/GETTY IMAGES

Hurricane Newton shattered windows, downed trees and knocked out power in parts of the twin resorts of Los Cabos on Tuesday, but residents were spared the kind of extensive damage seen two years ago when they were walloped by a stronger storm.

Newton made landfall at the southern tip of Mexico's Baja California peninsula in the morning as a Category 1 hurricane with winds of 150 km/h, pelting the area with torrential rain as residents hunkered down in their homes and tourists huddled in hotels.

Palm trees were toppled along Cabo San Lucas' coastal boulevard and some windows were broken. But there was calm in the city as firefighters cleaned refuse from the streets during the day.

"There are only minor damages — fallen branches, some fallen banners, some cables ... in general, no victims," army Col. Enrique Rangel said.

"Just trying to make it through the day, with a little help," Mark Hernandez, a tourist from California, said as he raised a can of beer at one of the few bars open

in Cabo San Lucas. "We pray for the city of Cabo San Lucas. It was a rough one as you can see."

Roberto Dominguez, a customer relations worker at the Fairfield Marriot, said the hotel's windows and balconies had been sufficiently protected from the storm and guests were fine, although cellphone and internet services had been knocked out.

"At this moment there are no reports of people killed or missing due to Hurricane Newton," said Luis Felipe Puente, head of Mexico's civil defence agency. THE ASSOCIATED PRESS

IN BRIEF

Thirteen killed in deadly weekend in Chicago

Thirteen people were shot to death over the Labor Day weekend in Chicago, making it the deadliest holiday weekend of one of the deadliest summers the city has experienced in decades.

Police have not released a final tally, but according to local media reports at least 65 people were shot, including the 13 who died.

THE ASSOCIATED PRESS

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Dog owners ditching EU close to banning American lobsters prepared dry foods The European Union will conduct a more extensive review of a proposal to ban lobsters im and Water Management contends the country is right to be cautious about the appearance

Raw, cooked options trend becoming niche business

It seems like kismet that one of the inspirations behind Planet Pup, a Winnipeg dog bakery, was a pooch named Biscuit.

Deb Kurdydyk, who runs the business from her kitchen, said the idea came to her after she started cooking hot organic meals for her Shepherd-Rottweiler mix and wondered, why not start baking cookies and cakes too?

Planet Pup specializes in bone-shaped dog biscuits and birthday cakes. The treats, which are sold online and at some select local retailers, come in a variety of flavours including Wild Pacific salmon and smoked gouda, and elk, apple and blue cheese.

The niche business and others like it are hoping to corner a market that may be poised to grow in the future.

According to market researcher Euromonitor, pet owners in Canada are still opting for prepared food due to convenience, but a rising number are turning to organic and raw pet food.

A Euromonitor report released in June says while prepared dog food accounted for an 87 per cent share of total dog food consumption last year, that is expected to decrease this year.

Karen Schiavone has been selling raw dog food at Barkside Bistro in Toronto's east end for three years after her two dogs died on the same night, both from cancer. "I realized it was probably the food," said Schiavone, who also offers a delivery subscription service. Barkside sells a variety of bones and meats, including beef, duck, elk, buffalo and kangaroo.

THE CANADIAN PRESS



Karen Schiavone, pictured in her Toronto store Barkside Bistro which specializes in raw dog food, is one of many hoping to corner a market that may be poised to grow. THE CANADIAN PRESS

ported from the U.S. and Canada after a scientific panel concluded Sweden raised valid points in its request to declare the American lobster an invasive species.

The international dispute started when Sweden announced it had found 32 American lobsters in the country's waters earlier this year and that they pose a threat to native crustaceans. How the American lobsters ended up in Swedish waters is unclear.

Sweden's Agency for Marine

tends the country is right to be of a foreign species.

The agency also says more research is needed into the impact of cross-breeding of American and European lobsters.

But Robert S. Steneck, a University of Maine scientist, contends American lobsters don't pose a threat to European lobsters in part because winter ocean temperatures along the coasts of European countries are too warm for American lobsters to reproduce.

THE ASSOCIATED PRESS

🛂 CANADA VOWS TO FIGHT EU PLAN

Canada's Fisheries Minister Dominic LeBlanc says the Canadian and American governments will "vigorously" try to convince the European Union that the American lobster does not pose a threat.

Lobstermen in the U.S. and Canada stand to lose \$200 million in business with EU countries if the

flyers: coupons, shopping lists.

ban becomes a reality, but they contend a ban is not supported by science.

Sweden set the wheels in motion when it announced it had found 32 American lobsters in the country's waters earlier this year and that they pose a threat to native crustaceans.

THE CANADIAN PRESS





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Wednesday, September 7, 2016

PAUL WELLS ON FEDERAL RESEARCH FUNDING



In giving \$900 million to only 13 institutions and a few dozen researchers, the Liberals highlighted some disturbing trends in Canada's national science effort.

At first glance, the parade of cabinet ministers on university campuses across Canada yesterday might have looked like evidence of a new era in federal support for science.

Scott Brison was on hand at Dalhousie University in Halifax, which will work with the University of Prince Edward Island and Newfoundland's Memorial University on a multidisciplinary oceanstudies project. The size of the grant from Ottawa: \$94

Kirsty Duncan and Bardish Chagger were in Waterloo. where the Institute for Quantum Computing picked up \$76 million to create powerful new technology using quantum physics. And on it went: \$78 million for flood and drought prediction at the University of Saskatchewan. \$84 million for brain research at McGill, \$94 million for big data at the Université de Montréal, \$75 million for clean energy at each of Alberta's two biggest universi-

In all, 13 centres of higher learning split \$900 million in grants under the Canada First Research Excellence Fund (CFREF), whose website says it was designed to help Canadian post-secondary institutions become "global research leaders.

Specifically — and this fact was not emphasized at any of the announcements on Tuesday - it was designed in 2014 by the former Conservative government, whose finance

Does it make more sense to bet big on 13 research institutes or to bet long on 1,000 quiet explorers? Maybe you should do a bit of both.

minister at the time, the late Jim Flaherty, announced CFREF in his 2014 budget.

This tidbit should elicit a wry chuckle from anyone who's used to hearing the Harper government dismissed as a bunch of knuckle-dragging backwoodsmen at war with the Enlightenment. There was indeed a lot to criticize about how Harper did science, but those Liberal ministers were out there on Tuesday cashing Conservative

dozen researchers, serves to highlight some disturbing long-term trends in Canada's national science effort.

CFREF was created to allow big science in Canada to bulk up so it could compete against world-leading research institutions abroad. But it comes along at a moment when everyday science — the dayto-day efforts of researchers in labs across the country — has been struggling. The Harper government held the line on



DON'T SPEND IT ALL IN 13 PLACES Dalhousie University received a \$94 million cheque from the Liberal government. yesterday, part of a \$900-million federal investment in scientific research. THE CANADIAN PRESS FILE

cheques.

(Since those cheques, whether red or blue, come out of your taxes, the difference is mostly one of dramatic effect. And this sort of policy continuity, where a new government implements an earlier government's decisions. is usually healthy, because it gives anyone who deals with government a chance to plan past the next election.)

But paternity is not the only interesting question to arise from yesterday's announcement. That \$900 million, distributed among only 13 institutions and a few

most operating grants to researchers, so fewer and fewer research applications have been receiving funding. The Canadian Institutes for Health Research, the main federal government vehicle for funding medical research, has seen its "success rate" fall to 13 per cent, and it will probably fall further.

That leaves a lot of frustrated and disillusioned scientists, many of them the younger early-career researchers who are entering precisely the period in their careers when most scientists do their most surprising.

and productive work. Tony Pawson, the British-born cell biologist who died in Toronto in 2013, opened up a whole new field of lucrative and lifesaving anti-cancer therapies with research that didn't cost much, showed little obvious promise, and began when he was 21.

Michael Hendricks, a Mc-Gill University biologist, pointed out yesterday that with \$700 million - less than the amount that was spent yesterday — Ottawa could fund *1,000 Canadian research labs that are already equipped and ready to go but are starved for operating funds."

Does it make more sense to bet big on 13 research institntes or to bet long on 1,000 quiet explorers? Maybe you should do a bit of both, It's not as though the Trudeau government is ignoring the question: a federal review of science funding is underway, led by former University of Toronto president David Naylor, with a mandate to report by the end of the year.

Naylor is a pit bull, and his panel's website suggests it's considering precisely the sorts of questions I've raised here. But its composition is weighted toward administrators over early- and mid-career researchers, and decisions are being made even as it does its work. It will do little good to decide, after \$900 million has been spent, that other choices might have been wiser.

Strong day-to-day advice might help while the expert panels do their consulting. But 10 months after the government was sworn in. Trudean and his science minister have not appointed a senior federal science adviser, something they promised to do in the last election.

Paul Wells is a national polities columnist for the Toronto

Mansbridge's successor: A gravitas-meister for the rest of us, let's hope



Vicky Mochama For Metro

Flagship television news hasn't evolved much from its origins.

For most channels, news is still read by a person who is often a white man in an expensive suit. After some gravitas-laced reading aloud, he will throw over to a handful of correspondents dotted across the world then to a weather person. Then he'll wrap up with a lighter story.

"And finally, a waterskiing parrot has raised over \$2,000 for the children's hospital. Our correspondent reports."

For Canadians, our Head of Gravitas has been Peter Mansbridge, CBC's host of The National, who has announced that he will longer host the flagship news show as of Canada Day 2017.

In 1993, Mans — as he's called by his very close friends/me — introduced Canadians to "a computer network called Internet." It's been 23 years now and it's time for the Internet to replace him. Video supposedly killed the radio star and yet we still know who ha Glass and Anna Maria Tremonti are. So, yes, in the future, we will have news anchors. Sort of.

Ideally, the CBC will be at the forefront of existing technology and find a way to bridge Snapchat's filters and Pokémon Go's augmented reality layers onto broadcast news. Since Nahlah Ayed is going to trek to a tunnel under the Israeli-Palestinian border, why not allow the

vice President & Editor Cathrin Bradbury

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FREE TO SHAKE

viewer to experience it from the safety of home? Maybe we can even keep Mans as a hologram, only now that reassuring voice and grey suit can wear a flower-crown filter.

Nothing from the CBC suggests that they have the ability to create a digital host. But on at least one front. they have the ability to push Canadian media past a major frontier. Do not give the National anchor job to another white man.

There's nothing essentially wrong with white men, but there are enough on TV at the moment, thank you very much. If you're not thrilled that a white man isn't reading the news, just wait an hour and a blinding array of white men can joke about the news on the late-night

The CBC has a mandate to reflect Canadians back to Canada, and yet the corporation is incredibly white in a country that is at least a quarter visible minority. Recently, the CBC replaced Shad, a black man, with Tom Power. who is white, as host of Q. So they owe the Mansbridge replacement to the rest of us, who pay to see Canada reflected to us.

Peter Mansbridge exits the anchor's chair on Canada's 150th birthday. Let's step forward into our bright future by letting a person of colour tell my mom the day's sad news seven hours after I've read about it on Twitter.

Vicky Mochama is a writer and host of Commons, a political podcast. She can be reached at victoria.mochama@gmail.com

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by Jason Logan

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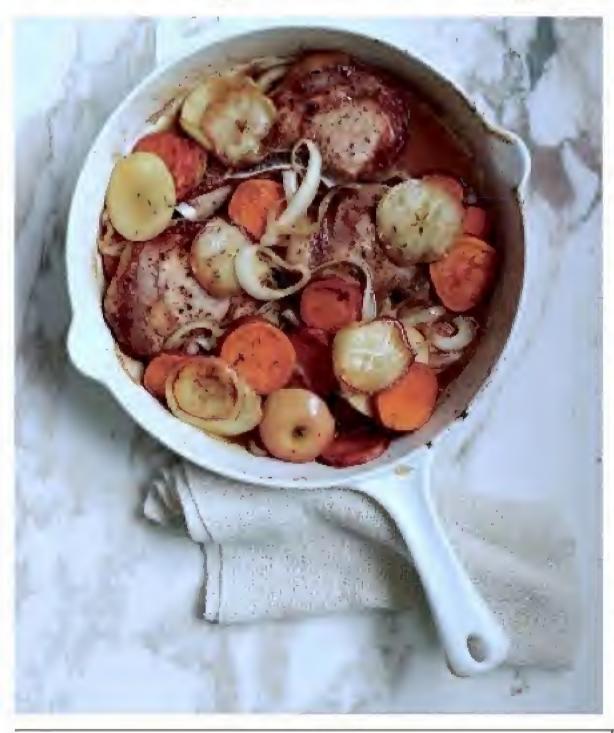


Your essential daily news

Now you can get your Chalet Sauce in chip form: Lays unveils Swiss Chalet-inspired chips

BOOK EXCERPT MARTHA STEWART'S VEGETABLES

What grows together goes together



RECIP

Get in the mood for autumn with this pork dish

Kitchen wisdom holds that produce that's in season at the same time will taste great on the same plate (what grows together, goes together, as the saying goes).

Here, sweet potatoes, apples, and Vidalia onion are roasted along with pork chops for an autumnal one-pan supper.

The tubers soak up the pan juices — flavoured with apple cider vinegar, apple cider, and caraway seeds — that are also drizzled over each serving.

Roasted Pork Chops with Sweet Potatoes and Apples Serves 4.

Ingredients:

thick rounds

- 4 bone-in pork chops (each about 10 ounces and 1 inch thick)
- Coarse salt and freshly ground pepper
- 1 tablespoon extra-virgin olive oil
 2 medium sweet pota-
- toes, scrubbed and cut into 1/4-inch-thick rounds
 • 1 large sweet onion, such as Vidalia, cut into 1/4-inch-

vinegar, preferably unfiltered • ½ cup unsweetened

apple cider

preferably unfiltered • 1 teaspoon

apple cider,

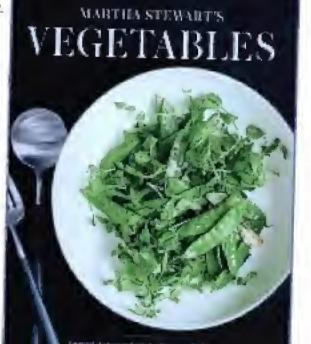
- caraway seeds
- 2 apples, preferably Honeycrisp, thinly sliced, seeds removed

Directions:

1. Preheat oven to 375°F. Season pork with salt and pepper. Heat

a large ovenproof skillet over medium high; swirl in oil. Cook chops until golden brown, turning once, about 8 min-utes total. Transfer to a plate. Remove all but 2 tablespoons fat from skillet.

2. Reduce heat to medium. Add potatoes and oniou: season with salt. Cook until golden in spots, about 10 minutes. Add vinegar and cider. Cover and simmer, stirring a few times, until potatoes are tender, about 5 minutes. Sprinkle with cara-



way seeds.

3. Return pork and juices to skillet; tuck apple slices between chops. Roast until a thermometer inserted into thickest part of chops (without touching bone) registers 138°F, about 10 minutes. Serve pork, vegetables, and apples with panjuices.

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Dropped out of school, discovered at an airport

Here's some things you may not know about Peter Mansbridge

Peter Mansbridge plans to step down from the anchor chair of CBC's The National after Canada's 150th birthday celebrations next July 1.

Mansbridge, 68, has held the post at CBC's flagship news program for almost 30 years.

His tenure includes covering every federal election since 1972 and anchoring all 10 since 1984. He has also hosted eight Olympic opening ceremonies, most recently in Rio last summer.

Here are a few facts about Mansbridge:

How he began

It's true: Mansbridge's broadcast career began in singular fashion in 1968, when he was working in the Churchill, Man. airport. He was a 19-year-old baggage handler at the time, filling in on the intercom. The station manager at the local CBC radio station heard his baritone over the intercom and offered him a job on-air. Mansbridge worked on CBC Radio's news service to the North and, by 1976, he was covering Parliament Hill.

Rambling childhood

He was born July 6, 1948 in London, England, into a foreign service family and spent much of his early childhood in Kuala Lumpur in the Federation of Malaya (now Malaysia). He moved to Canada as a child after his father took a job in Ottawa with the Canadian government. He didn't make it to the end of Grade 12, dropping out to join the navy.

He was honourably discharged.



Peter Mansbridge plans to step down as anchor on CBC's The National after Canada's 150th birthday celebrations next July. TORSTAR NEWS SERVICE FILE

Higher education

He doesn't have a high school diploma and didn't attend journalism school. He does have nine honorary degrees and was named Chancellor of Mount Allison University in New Brunswick in 2009.

Toughest interview

He has particularly non-fond memories of an interview with former British prime minister Margaret Thatcher. "Few things go wrong, but when they do they're kind of catastrophic," he recalled to Toronto Star's Antonia Zerbisias. "I remember interviewing Margaret Thatcher and it was just a disaster. It was when she was on a book tour after she got out of the job (as British prime minister)

and she kept accusing me of not having read her book, which sadly I had and it was brutal ... and I don't think she even wrote it. That was just one of those really awkward interviews that I didn't handle well. It was just bad."

Mentor and big brother

Mansbridge was offered a cohosting spot by CBS on This Morning in November 1987 and there were reportedly big bucks attached. Knowlton Nash, then lead anchor of The National and chief correspondent of CBC News, offered to step aside to keep Mansbridge north of the border. Mansbridge assumed the chief correspondent and lead anchor role in May 1988, replacing Nash.

Mansbridge once told the Star that Nash was "everything from a big brother to a colleague to an uncle to a really good friend to a mentor."

No shocker he's leaving

"I've made it very clear to everybody that I have no intention of doing this job with a '7' in front of my age," he told the Star's Vinay Menon in May 2014. He added: "When I started, a young person would stop me and want a picture because they were a huge fan," he says. "Then it became, 'My mother loves you. I need to get a picture.' Now the thing that's starting to creep in is, 'My grandmother loves you.' So you kind of know the direction this is going." TORSTAR NEWS SERVICE

RIPLEY'S AQUARIUM

Drake, RiRi date spawns matching shark tattoos



Colin McNeil Metro Toronto

Rihanna may have Love on the Brain, but Drake has it on his arm. The 6ix God was recently spotted with a camouflage shark tattooed on his right forearm — the same ink that Rihanna recently showed off in an Instagram post. The significance?

Drake reportedly rented out the entire Ripley's Aquarium for a private date with his love interest earlier this summer, in July. Rumour has it he bought her a stuffed shark, and the tat is a reference to the heartfelt gift. If that wasn't romantic enough, the musical power couple later took an affectionate selfie under the CN Tower. Now that's what we call Views From The 6.



Rihanna's bitten by love. Instagram/BangBangnyc



Your essential daily news Five-hundredth LaFerrari to be built to benefit Italy's earthquake victims

The line between bling and beauty



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four-cylinder
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- Beautiful interior
 Solid engine
- LEAVEIT
- Seats could be better
 Sport suspension is to:
- Sport suspension is too harsh

REVIEW

C-Class had to be great—and fortunately it is



Sami Haj-Assaad AutoGuide.com

With the A5 needing a refresh and starting to look old in the eyes of some socialites and the 4 Series lacking the style and sportiness that drivers in this segment are looking for, Mercedes-Benz is offering a shining star in its C-Class Coupe.

While the last generation C-Class Coupe showed up a few years after its sedan counterpart hit the market, this new-gen model is hot on the heels of the launch of the new sedan; it seems like Mercedes is eager to strut its stuff in this interesting market segment.

The luxury coupe competition has become stale and the only fresh new vehicles are coming from unusual sources, like the new, but polarizing Lexus RC. To turn that trend around, the new C-Class Coupe has to be fantastic. Fortunately, it is.

First impressions are important, and the C-Class walks a fine line between bling and beauty. While many of the test vehicles featured the brand's usually excessive looking diamond chrome grille option, these cars didn't look garish at all. Eighteen-inch wheels and other aggressive exterior

appearance parts also helped the C-Class Coupe maintain a striking visual presence.

Sleek from all angles, this Coupe easily stands out alongside the bigger, more expensive Mercedes vehicles and coupes. The C-Class no longer has a second class design or a cheap interior; Mercedes' new interior design language is among the best in the market. Circular vents are accented by chunky, toggle-like switches and if the car features the upgraded Burmester audio system, the speaker grilles are like little art installations in their own right.

Throwing the C-Class around the back roads of Maine and New Hampshire is a good way to feel how the Coupe is tuned for more feedback and a tighter response in terms of steering and handling. However, most of the cars tested were equipped with the AMG Sport Package that included a sport suspension, so the ride did get a bit choppy, especially over broken pavement. Alternatively, the brand's Airmatic suspension smoothed out the ride and is a must-have option. While the suspension gives plenty of feedback, the steering is a bit lifeless.

But with its competition from BMW and Audi now stale, the introduction of the new C-Class is a refreshing sight in this niche segment. While the A5 and 3 Series Coupe have enjoyed success in the past, it's clear that the Mercedes C-Class Coupe is now the best two-door luxury car on the market.

RECOGNITION

2017 Lincoln MKZ wins top safety award



Jason Siu AutoGuide.com

The 2017 Lincoln MKZ has earned the highest safety rating from the Insurance Institute for Highway Safety (IIHS).

The midsize luxury car shares its platform with the Ford Fusion, which also earned a Top Safety Pick+ designation from IIHS. Both cars had their front ends and bumpers modified to improve protection in frontal crashes and now earn a good rating in the small overlap test, compared with an acceptable rating for earlier models.

Like the 2017 Ford Fusion, the MKZ is available with an optional front crash prevention system that earns a superior rating. In IIHS track tests, the MKZ was able to avoid collisions at 19 km/h and 40 km/h.

To qualify for Top Safety Pick+, the top award from IIHS, a vehicle must earn good ratings in the small overlap front, moderate overlap front,



The 2017 Lincoln MKZ. LEE BAILIE/TORSTAR NEWS SERVICE

side, roof strength and head restraint tests.

It also must have an avail-

able front crash prevention system that earns an advanced or superior rating.

WHEELS BRIEFS

Installing child seats getting easier, safety agency says

Three vehicles have earned a top rating of good+ on the Insurance Institute for Highway Safety's (IIHS) LATCH ease-of-use ratings.

The agency launched its ratings of child seat installation hardware in vehicles in June 2015, and at the time, most of the 102 vehicles that were rated scored poor or marginal. Now, 170 current models have been evaluated and most are good or acceptable. This year also marks the first

time a vehicle has received a good+ rating with the Audi Q7, Lexus RX and Toyota Prius all earning the highest marks.

"Frustrating child seat installations have become a familiar rite of parenthood," says Jessica Jermakian, an IIHS senior research engineer. "Unfortunately, these frustrations lead to mistakes that can have real consequences in the event of a crash. We're pleased to see automakers taking this issue seriously."

JASON SILI/AUTOGUIDE.COM



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ALL-TIME HOTTEST CARS, ACCORDING TO PAGANI

While the performance of Pagani's automobiles is hard to argue with, the design of these supercars is what makes them truly desirable. In the words of Horacio Pagani himself, the engineering and design of the cars go hand in hand. We chatted with the automaker's founder and CEO to ask him what he considers to be some of the most beautiful cars of all time. sami HAJ-ASSAAD/AUTOGUIDE.COM



Jaguar E-Type

The Jaguar E-Type is one of the few non-Italian cars on Pagani's list. Originally introduced in 1961, the E-Type uses a front-engine, rear-wheel-drive layout with a 3.8-litre inline-six engine under its long hood. Making 265 horsepower, the E-Type was more than just a pretty machine — it could move, too. Many designers reference the E-Type as a major influence, so it's not a huge surprise to see Pagani give some props to this British icon.

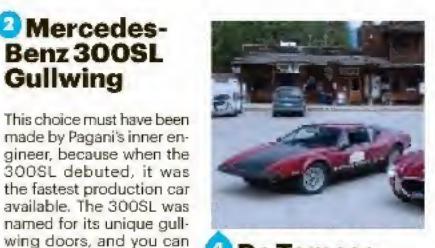


Lamborghini Miura

The Lamborghini Miura has a place in history as being one of the first high-performance, mid-engined cars ever. It practically invented the term supercar, so it's no surprise to see it here on Mr. Pagani's list.

see that inspired Pagani.

Gullwing



De Tomaso Pantera

The De Tomaso Pantera is one of the most misunderstood classics in supercar history. The combination of Italian styling with an American V8 is something that's hard to ignore, but many classic car connoisseurs balk at the quirky car. Fortunately, Pagani isn't one to deny this car's cool factor. Still, this is definitely a surprising entry on this list.





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Holtby takes 'long road' back to Team Canada

WORLD CUP OF HOCKEY

Vezina winner last played for country in 2007 at U18s

When Braden Holtby last represented Canada on the international stage it was almost a decade ago and he barely played.

The 26-year-old from Lloydminster, Sask., has been slowly inching upward ever since. From fourth-round pick of the Washington Capitals to starting netminder in the NHL to Vezina Trophy winner and record-setter and back once more with Team Canada, this time as the likely next-in-line behind Carey Price at the World Cup of Hockey.

"It's a long road," Holtby said following the second day of World Cup training camp. "I just always focused on that next goal, that next level trying to get there. It's always been the dream to be here, so you never really think twice about it you just do what's necessary."

Holtby played eight minutes 50 seconds at his last international experience nine years ago (2007), the backup to future Colorado Avalanche draft pick Trevor Cann at the under-18 championships in Finland. The Canadians finished fourth that

year, despite boasting Steven Stamkos, Drew Doughty, and Logan Couture, all of whom would join Holtby again nearly a decade later on the latest incarnation of the Canadian World Cup team.

Doughty somehow remembers it all quite well, even down to the fact that Cann (who's yet to play an NHL game) and not Holtby, started. Couture recalled playing cards with Holtby in their finnish hotel room, describing him as a goaltender who was long under the radar.

Holtby was passed over entirely for the world junior

It's always been the dream to be here, so you never really think twice about it you just do what's necessary.

Braden Holtby

championships.

"Even back then I remember he was a good goalie," Doughty said. "Obviously to be on the under-18 team you've got to be a really good goalie and I guess he's just taken that talent to another level. He's one of the best goalies in the league now."

Holtby was shocked when Canada invited him to their summer Olympic training camp in 2013, somewhat in awe of the talent around him. He knew he wasn't part of the top group at that point, then just a couple years into his career

"I knew the ability was there. Holtby

with Washing-

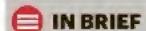
said. "I just had to find it."

It didn't come right away. Holtby stumbled backward in the 2013-14 season (.915 save percentage) before leaping into the elite crowd with 41 wins, nine shutouts and a .923 save percentage two years ago. In capturing the Vezina last season, Holtby matched Martin Brodeur's single-season wins record, totalling 48 (in 12 fewer games than Brodeur) for the Capitals.

He doesn't look at his conquest as the league's top goaltender, nor his inclusion on Team Canada as turning points in a career that's always trended up. He circles back to the point when he first made it into the NHL, when he first realized he could compete for his ultimate goal: the Stanley

"And that's really the only focus," said Holtby, who went 48-9-7 last year as the Capitals were vanguished in the second round by Pittsburgh. "I'm not really too focused on other personal stuff." THE CANADIAN PRESS

Holtby matched Martin Brodeur's single-season wins record last season.



Ronaldo-less Portugal falls to Switzerland

European champion Portugal failed to overcome the absence of Cristiano Ronaldo this time. and lost 2-0 to Switzerland in a World Cup qualifying match on Tuesday.

For Portugal's first competitive match since beating France in the Euro 2016 final, Ronaldo was left out of the squad while he recovers from the knee injury sustained in the opening minutes in Paris. THE ASSOCIATED PRESS

Monfils continues roll into U.S. Open semifinals

Gael Monfils reached his first Grand Slam semifinal since 2008 with a straightset victory at the U.S. Open over 24th-seeded Lucas Pouille, who upset Rafael Nadal a round earlier.

The 10th-seeded Monfils beat Pouille 6-4, 6-3, 6-3 in an all-French quarterfinal Tuesday and has won all 15 sets he's during the tournament.

THE ASSOCIATED PRESS

Panthers sign Huberdeau to a six-year extension

Jonathan Huberdeau's agent confirms that the Florida Panthers have signed the forward to a \$35.4-million, six-year contract extension.

Agent Allan Walsh confirmed the deal Tuesday in a message to The Associated Press.

The deal goes into effect for the 2017-18 NHL season. THE ASSOCIATED PRESS



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Broncos settle in with Siemian

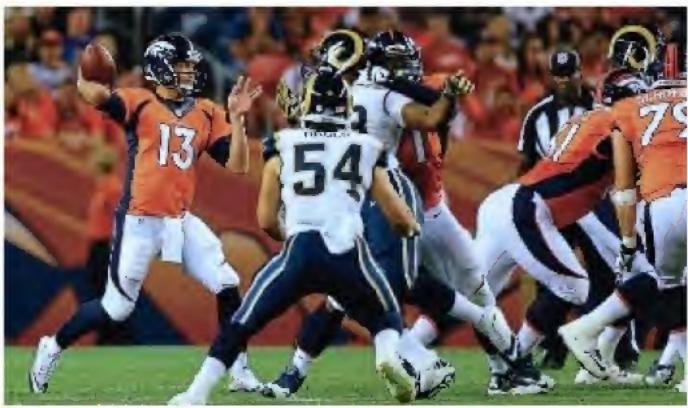
NFL SEASON PREVIEW

Champs look to relative no name in Super Bowl defence

Peyton Manning's successor isn't Brock Osweiler or Colin Kaepernick or Mark Sanchez, all of whom had better offseason odds than NFL novice Trevor Siemian.

When Broncos GM John Elway declined to overpay Osweiler, Manning's longtime backup bolted to Houston 48 hours after his mentor called it a career. Elway quickly acquired Sanchez from the Eagles but he really had his eyes fixed on Kaepernick, who rejected a pay cut to facilitate a trade from the 49ers to Denver.

So, Elway moved on — and he moved up in the first round of the draft, selecting Paxton Lynch of Memphis, who very well might be the franchise's future.



Trevor Siemian spent last season soaking in Gary Kubiak's West Coast offence under the tutelage of Peyton Manning and Brock Osweiler, Justin Edmonds/GETTY IMAGES

The present, though, belongs to Siemian, a QB who won the starting job with a mix of brains and brawn, precision and poise, steadiness and spunk.

The Carolina Panthers will certainly try to unnerve Siemian in his first NFL start Thursday night in the 2016 season opener.

Thing is, nobody at Broncos

headquarters has ever seen the 2015 seventh-round pick get rattled.

Not when he was Osweiler's backup for two months last season when Manning was hurt.

Who is Trevor

Siemian? He's

super intelligent,

he knows a lot of stuff and there's a

reason that they

named him the

starter.

Kicker Brandon McManus

Not when he ran the scout

Not even when coach Gary

"He's the same guy: cool,

"He's not going to change.

team against Denver's destruc-

tive defence that brought home

Kubiak named him the starter.

calm and collected," said wide

receiver Emmanuel Sanders.

He's not going to waver. I know

that he wants to show the

world, 'Hey, look at this guy

out here, No. 13.' I think he

can make plays and make all

the throws." THE ASSOCIATED PRESS

keep score

in volleyball

games -

something she did last

"For sure

I'm going

siak said.

vear.

the Lombardi Trophy.

ABOUT THE QB

Siemian was a high school star in central Florida as a QB and a third baseman.

He chose Big Ten school Northwestern as much for its academics as its athletics.

He played in 44 games for the Wildcats but started just 14 - yet still finished as the school's fourth-leading passer.

He tore an ACL in his final college game and that scared away plenty of teams but not the Broncos, who chose him with the 250th overall pick in 2015, after which Siemian declared, "I can't think of a better scenario" than to learn from Peyton Manning and Brock Osweiler.



David Eng in Rio de Janeiro on Tuesday. CANADIAN PARALYMPIC COMMITTEE

Hoops star chosen for flag duty

RIO2016

When David Eng made his Paralympic debut 12 years ago in Athens, coach Mike Frogley would jot down a word each day and pin that word on the wall.

They were words like "leadership" and "commitment," character traits Frogley wanted his players to embody.

They were words, Eng decided then and there, to live by.

"I started focusing on that," Eng said. "That was what I wanted to become, was that type of

The 39-year-old veteran of Canada's wheelchair basketball team has been chosen to carry the Maple Leaf into the opening ceremony of the Paralympic Games on Wednesday.

Frogley, now the high performance director for Wheelchair Basketball Canada, said there was no better choice. Every great player and every team. he said, "starts with great char-

"And that's what David is: great character that allows us the opportunity to be great," Frogley said. "And he's a great representation of Canada, (he) embodies

all the things that Canadians hold in the highest regard, his work ethic, his discipline, his commitment to the team ... those are things all Canadians share in, so they share in him marching out holding our flag."

The two-time Paralympic gold medallist, who was cheered on by both the men's and women's wheelchair teams at his news conference Tuesday morning, will be competing at his fourth Games. Canada won gold in Eng's debut in 2004, took the silver at the 2008 Beijing Games and won gold four years ago in London. THE CANADIAN PRESS

PENNY OLEKSIAK

Back to books for Canada's golden girl

Penny Oleksiak is kind of a big deal at her high school.

The star swimmer, who won four medals at the Rio Olympics, returned to class on Tuesday as she enters grade 11, but her recently found fame is something she's playing down.

'I don't think I'm a celebrity," she said with a big smile. "I think everyone knows

me already." Oleksiak is a bona fide celebrity after this summer's medal haul, which culminated in carrying the country's flag at the closing ceremony. It is an issue that school officials have been discussing over the past few weeks.

Monarch Park Collegiate in Toronto's east end decided to hold a news conference on the first day of school with the hope that normalcy will return to Oleksiak's life by Wednesday.

After a bit of chit-chatting in the office, Bryan McAlpine, the of athletics. four periods a day decided to take a different approach: He asked if the star athlete still planned to



Penny Oleksiak to." Olek-**GETTY IMAGES**

awesome."

As of tomorrow,

and we're going to

crack that whip.

Monarch Park Collegiate

principal Cynthia Abernethy

"This is going to sound really bad and I don't think I'm going to say it, but I'll say it: it's another opportunity to hang out with your friends during school. It's fun to score keep especially when my friends are playing volleyball — it's

Oleksiak's answer to Mc-Alpine came as a relief to principal Cynthia Abernethy, who believes the 16-year-old student will easily slide back into high school life as a student.

"We were nervous about Penny coming back and hav-

ing to teach a celebrity, but it took two minutes to speak with Penny to school's head Penny goes back to get back at ease and to realize this is a kind of a normal place for her," McAlpine said. THE CANADIAN



IN BRIEF

Para ticket sales hit 1.6M

With the Rio Paralympics set to begin Wednesday, organizers say ticket sales have jumped from around 200,000 to 1.6 million, and a spirit of optimism now pervades the cashstrapped event.

"It's helped by the fact that the Brazilian team did so well in the final weekend. of the Olympics," Craig Spence, a spokesman for the International Paralympic Committee, said. THE ASSOCIATED PRESS

Irish official mum on ticket-scalping probe

A high-ranking Olympic official is declining to answer police questions related to alleged ticket scalping during last month's Olympic Games in Rio de Janeiro.

A police official said Olympic Council of Ireland President Patrick Hickey declined to answer questions. Hickey also did not comment upon leaving a Rio de Janeiro station.

Hickey was jailed during the Olympics. He was set free last week after a judge ruled that he wasn't a risk to the investigation. His passport has been confiscated, and he must remain in Brazil until the probe is concluded. THE ASSOCIATED PRESS

RECIPE Asian Chicken Salad



Ceri Marsh & Laura Keogh For Metro Canada

You can make this in a time crunch and not sacrifice deliciousness.

Ready in 30 minutes

Prep time: 20 minutes Cook time: 10 minutes Serves 4

Ingredients

- 2 chicken breasts
- 1/4 1/2 purple cabbage, thinly sliced
- 1/4 1/2 green cabbage, thinly sliced
- · 2 carrots, shredded
- · 1 red pepper, thinly sliced
- 1/2 cucumber, peeled and sliced
- · 2 spring onions, sliced handful cilantro, chopped
- · 1/3 cup peanuts, chopped (optional)

Dressing

1 Tbsp sesame oil

ACROSS 1. Sense, airport canine style 6. Lettered carpooling lane 9. Toward the stern 14. Jane Fonda's dad, in Paris 15, Songstress Ms. DiFranco 16. Story with morals ary weapon Stewpots for short 21. Canadian 'Push' group

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 1 Tbsp vegetable oil 1 tsp fish sauce

1 tsp sugar

1 This p soy sauce

1/2 tsp sriracha.

Directions

1. Fill a skillet with water and season the water with salt and pepper and bring it to a simmer. Place chicken breasts in water and cook 10 to 12 minutes, depending on how thick the breasts are. Remove from the skillet to clean plate. Use two forks to shred the chicken.

2. In a small bowl, whisk together the dressing ingredients.

3. In a large serving bowl, toss together the vegetables and chicken. Drizzle dressing over the salad and toss again. Serve the salad in bowls and garnish with oilantro and chopped peanuts.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

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42

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18

17. King Arthur's legend-20. East Coast coean, 22. Conforms 23. Deer's tail type 24. _-_-the-minute (In style) 26. Unlawfully lift 29. Pro 30. Pharaoh snakes 34. Dominican Republic neighbour 35. Beer holders 37. Celeb photögrapher 38. Reporters aspire to providing it on big stories: 2 wds. 41. Cereal grass 42. Walk-in closet collection 43. Outspoken 44. Weight allowance 46. Same old, same old

47. Function

the line

ing Muse

48. Lunchtime order

50. Pony's pride

52, Looseness in

55. Lyre-play-

57. Holy hail 60. Chilly weather comfort drink 61, 1999 Keanu Reeves blockbuster: 2 wds. 63. Big name in office labels 64. "Mazel _!" 65. K, to Homer 66. Hatchlings'

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DOWN

1. Beatles famed concert stadium. 2. Following Comes with it,

for short 4. Monk's title 5. They're shown in a critique of a latest Hollywood release: 2 wds. 6. Custom 7. Cross to bear

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Rocky's surname 11. Up to the task 12. Celebrity chef Bobby 13, "Guarding_" (1994)18. Cash substitute letters

9. Underway

Movie boxer

25, Prior to, for short. 26. For type 27. Ms. Tucker 28. Canada's largest duck 29. Aspect 31. Planetary place 32. Particular polytheistic person 33. Wheat type 35. Name of fashion designer Karl Lagerfeld's pet cat he always carries around that has its own Twitter and Instagram accounts 36. Winnipeg: Battle of __National Historic Site of Canada, as per the 1816 conflict in the Perminican War 39. Drive-_ restaurant 40. Wander 45. Police _ (Dignitary's accompaniment) 49. Signs off on 50. Irish writer Ms. Binchy 51. Bills spewer in the mall 52. Casually look over 53. Zero, in a tennis match 54. Hotshots 56, 17th Greek

letters

work

gers often

59. Big test

57. Harp, in Italy

58. Limo passen-

62. Do some spy

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20 This is a good day to make future travel plans or to check out approaches to further studies and schooling. Whatever you do will have a practical, pleasant outcome.

Taurus April 21 - May 21 Relations with co-workers are positive and supportive today. If someone older or more experienced has advice for you, listen to it, because it will help you.

Gemini May 22 - June 21 A romance might blossom with someone older today. Those of you involved in the arts will find that you have the discipline to practice and hone your skills and techniques.

Cancer June 22 - July 23 Any effort to introduce improvements or redecorate your home will go well today. Not only will things be more attractive, they also will function better. An older family member might help.

 Leo July 24 - Aug. 23 You can make money with your communication skills today. This could be through writing, talking, sales, marketing, teaching or acting. It's easy to be diplomatic and practical.

Virgo Aug. 24 - Sept. 23 This is an excellent day for business and commerce. Look for ways to solidify your finances so that they are more secure in the future. Someone older might help you.

Libra Sept. 24 - Oct. 23 Today your steady, calm approach to things creates a role model. for others. You see a happy marriage between practical function and relationships. Good for you!

Scorpio Oct. 24 · Nov. 22 A secret relationship, possibly romantic, with someone older or more established, might take place today. Whatever you do (especially in terms of money) will be low-key.

✓ Sagittarius Nov. 23 - Dec. 21 Check in with someone older or more experienced today to get this person's guidance. His or her suggestions can help you to set future goals. You will know what is doable

Capricorn Dec. 22 - Jan. 20 A romance with a boss or someone older or more experienced. might begin today. Others will approach you to give their creative advice on design, layout or furniture arrangement.

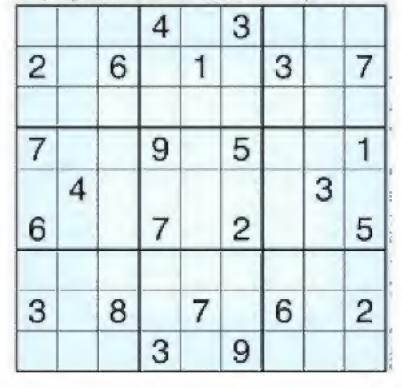
Aquarius Jan. 21 - Feb. 19 Travel plans, especially with someone older, look promising today. This is also a good day to seek advice from a teacher or guru-like figure.

Pisces

Feb. 20 - March 20 This is a good day to settle debts and discussions about inheritances and shared property. People are conservative; however, they want to reach an agreement.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



metr#

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YESTERDAY'S **ANSWERS**

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

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